

## Lake-Lehman Elementary Lunch Menu April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24
No School	Hard Shell Tacos Salsa, Shredded Cheddar & Sour Cream	Meatball Sandwich	Chicken Tenders with a Dinner Roll	Stuffed Crust Pizza
	Corn Choice of Fruit Choice of Milk	Green Beans Choice of Fruit Choice of Milk	Mashed Potatoes Choice of Fruit Choice of Milk	Fries Choice of Fruit Choice of Milk
4/8/24	4/9/24	4/10/24	4/11/24	4/12/24
Chicken Patty Sandwich with Cheese	Walking Taco with Beef	General Tso's Chicken with Brown Rice	Grilled Cheese Sandwich	<u>No School</u>
Mashed Potatoes Choice of Fruit Choice of Milk	Corn Choice of Fruit Choice of Milk	Steamed Broccoli Choice of Fruit Choice of Milk	Tomato Soup Choice of Fruit Choice of Milk	
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24
BBQ Rib Sandwich	Chicken Quesadilla with Salsa & Sour Cream	Pierogies with Butter and Onion served with a Dinner Roll	Sloppy Joe on a Bun	French Bread Pizza
Mixed Veggies	Corn	Steamed Peas	Ranchero Carrots	Fries
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24
Hamburger on a Bun	Soft Shell Tacos Salsa, Shredded Cheddar & Sour Cream or Fish Tacos	Scratch-Made Macaroni and Cheese with a Dinner Roll	French Toast Sticks Sausage Patty Syrup	Home-Made Cheese or Pepperon Pizzza
Mashed Potatoes	Corn	Mixed Veggies	Potato Triangles	Fries
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk 5/3/24
4/29/24 Hot Dog on a Bun	4/30/24 Hard Shell Tacos Salsa, Shredded Cheddar & Sour Cream	5/1/24 Cheese Ravioli with Marinara Sauce and a Garlic Knot	5/2/24 Popcorn Chicken Bowl Mashed Potatoes, Corn Gravy and Cheddar Cheese served with a Dinner Roll	Stuffed Crust
Roasted BBQ Cauliflower	Corn	Green Beans	Mashed Potatoes	Fries
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit

## **USDA National School Lunch Requirements**

Students are encouraged to take all 5 of the different components offered; however, it is required they take at least 3 different components. One of those components must be a fruit and/or a vegetable

Whether students take 3, 4, or 5 of the components, the meal is the same price

This allows them to build a healthy meal by selecting 3 to 5 different food groups

Step 1: Choose 1/2 cup of fruit and/or vegetable



Step 2: Choose at least 2 other components and up to 3:





Other Daily Entree Options May Include:

Italian Hoagie Club Sandwich on Whole Wheat Ham & Cheese Hoagie Ham & Cheese on Whole Wheat Turkey & Cheese on Whole Wheat Turkey, Ham & Cheese Croissant Peanut Butter & Jelly with String Cheese Tuna Salad on Whole Wheat Chef Salad with a Dinner Roll

> Meal Prices Student Meal \$2.15 Adult Meal \$3.50

General Manager: Sarah Walsh ma1124@metzcorp.com 570-255-2799

go to www.schoolcafe.com for: online account payments, transactions details, menus & free and reduced applications (can be submitted any time during the school year)

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printable menus, what makes a meal, nutrition

go to www.lakelehmanmetz.com for

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